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"DOING THE LAMBETH WALK"

## Destruction In London By Aerial Armada Might Drive Government Into Refuge

Greatest destruction in London by an aerial armada would drive the government into refuge in a remote town in England, Scotland or Wales. In the event of land forces ever occupying the country, the capital of the empire probably would be transferred to Canada, with Ottawa as the home of the "Mother of Parliaments."

These are remote possibilities but are part of the plans which government authorities occupied with air raid precaution arrangements are bearing in mind in drawing up schemes for the safe conduct of public affairs in war times here.

During the World War, the French government hastily quit Paris when it seemed that the German advance on the Marne placed the cabinet in danger. The ministers installed themselves, temporarily, in Bordeaux, to return to the French capital when the menace passed.

This would be the same procedure of the British government in London were subjected to continual aerial attack, which could happen only if the mighty air forces which would prevail incapable of beating off the air enemy over the English channel or the southern or western coasts, a temporary move might be arranged to Manchester or Liverpool.

If an enemy army followed up the possible success of the aerial bombardment, a powerful air attack, the nation's bulk, the very sinews of war, would be shipped from London, mostly probably to Canada.

Only if the enemy succeeded in advancing well into England, it is said, a Whitehall circle would be urged by the government to the Canadian capital need to be envisaged.

Ottawa in any event would be only a shadow capital of the empire, because the government naturally would return eventually to England, the peace treaty would be signed. No foreign invader would ever contemplate trying to hold London, say more than the Allies in 1918 sought to seize Berlin, it is said.

With the possibility of Canada being chosen as a temporary capital of the British Commonwealth, the plans for the revision of the parliamentary buildings in Canada are said to be in London with the liveliest interest.

Air technicians say the government of the empire could easily be conducted from Canada in an emergency, as progress in speed and endurance of planes, while adding to the potential menace to London, shortens the space between the British Isles and the Dominion and would permit cabinet ministers and chiefs of the high command to keep regular personal contacts in the conduct of war.

### Was Once Famous Athlete

Tom Longstaff, former Indian Marathon Runner, Now Named Chatham. "The O. Longstaff, Ltd." The Toronto directory, a reporter noted, so lists Thomas Longstaff, 20 years ago one of the most famous athletes in the world. At 51, he is a general laborer with the Toronto street cleaning department. When he was a champion, he left the Blue National Reserve near Bradford and sprang into prominence as a marathon runner. Among his achievements was winning the Boston marathon in 1907. He represented Canada in many international events.

Longstaff retired after several years as one of the world's leading marathoners and dropped into obscurity. During the Great War he served as a brigade runner in France. His trial running when he returned to Canada, then became a general laborer. On one occasion 100,000 citizens welcomed Longstaff on a visit to Toronto. Few now recognize him as he goes about his duties.

Headache Sore Strongest Blinded are most likely rendered unconscious by anesthetic gas, declared a speaker at the British Medical Association conference near London. The average speed at which fair-haired persons die is 30 seconds. Dark-haired ones require 40 seconds and "redheads" 65.

The Headless Headcut Shafko Imerovitch (20), called up under Yugoslavian conscription law, has set the Guinness record. He is only 58 inches tall. The authorities probably hoped that he would fall the medical examination, but he passed it with flying colors.

The output of blood by a human heart is about four quarts a minute. A bee has two kinds of eyes—three small eyes and two enormous ones.

### South African Centenary

Discussion Arises Over Growing Boards For The Celebration

While hundreds of Afrikaners (descendants of early Dutch) throughout South Africa are enthusiastically growing beards in honor of celebrating the centenary of the Great Trek of 1838-40, a group of Afrikaner-speaking men in Paris, Daniel J. Hanson.

"I may be wrong," Mr. Hanson said, "but it seems to me that this beard-growing for the Voortrekker centenary is of its origin to pure laziness and slovenliness." It is clear that the man who fails to grow a beard within short time will not long be regarded by a certain section as a true Afrikaner. I hope that the tribute that is due to our great forefathers will in future be preserved against the tragic mockery which is now being indulged in."

However, Mr. Hanson's views are not very popular. One man said: "Mr. Hanson has missed the point entirely. The spontaneous ceremony in all parts of South Africa to grow beards for the Voortrekker centenary is a genuine tribute to the memory of the Voortrekkers."

The Cape Argus remarked editorially:

"Fashions in 'face-fitting' vary widely from century to century, and in itself there is nothing humorous about a beard. It just happens, unfortunately, that beards are out of fashion today, and any adornment that is hopelessly out of fashion proves that the individual may live down the shaft of his friends, mass-production means mass-mirth. Unless the fashion of beards is changed—which Heaven forbid!—the more beards, the more jokes."

### Does Not Use Brush

Elderly Woman Produces Novel Pictures With House Paint

Julia Joffling is 78 years old and does landscape art with bits of paper, house paint and the first finger on her right hand. "The results of this truly novel method of painting are rather amazing. The elderly, white-haired maiden lady lives with her sister in an antique-style house on Lorne avenue in Chatham, Ont. She did her first painting, without brush, at the age of 72. Miss Joffling turns to religion for her inspiration. She takes various varieties and colors of house paint, mixes and mixes them on the palm of her hand, rolls bits of paper to a point, dips them in the ink and goes to work. She produces surprisingly good pictures from such a meager material."

Miss Joffling explains that during her long life she has been a milliner, dressmaker, cook, decorator and housekeeper. She was born in Chatham in the same house, now more than 100 years old, in which she lives today.

### Steam As Driving Power

Principle Was Known Sixty Years Before James Watt's Invention

Before James Watt's invention, a rather awkward steam engine was used in England to pump water out of mines for sixty years before James Watt was startled by the blowing off of the lid of his tea kettle. The principle of using steam as a driving power was already known, but very little had been done about it because there had been no need of steam engines—except to keep mines from flooding. England, like the rest of the world, was a land of household industries; women in cottages spinning yarn and weaving cloth, men making shoes and shoes at they shops. What use would a steam engine be to them? Watt's invention came into existence just before the industrial revolution; just at the time when factories were displacing the cottage industries. Steam and coal became the basis of England's industrial supremacy and worldwide trade.—The New Republic.

### A Valuable Spoon

A Heavy Hired spoon, six inches long, weighing only one ounce, and made in 1590, has been sold at an auction in London for approximately \$1,000. It was discovered 16 years ago when an old oak floor was removed from a manor house in East Dorset.

Selous have been known to swim at the rate of 10 miles a second. The source of the Thames river is a tiny spring in the Cotswolds hills.

Most minerals are produced in Columbia.

### Schools In Aviation

Canada Would Make Ideal Training Ground For Pilots

Every indication is that Great Britain is arming faster and more extensively than ever. Sir John Simon, the second-in-command in the British government, uttered these ominous words:

"Preparedness now is more essential than in 1914, for the Great War worked up to a climax. Now we must face the possibility that the climax will come at the beginning, and we must be sure we can stand the initial assault."

Sir John must have been thinking of air power. In sea power, Great Britain is already fully prepared, and there is no idea at present of her again sending an expeditionary force to the Continent. There is talk of a preliminary canvass of the nation's power in the British Isles, but Premier Chamberlain pledged himself when parliament rose that there would be no conscription in present time, so long as he was Prime Minister.

"Air emphasis on air power is particularly welcome in Canada. We have already organized, under the leadership of some of our best business men, to produce bombers in this country for the defence of the empire. We may also get schools in aviation one of these days; all on the basis that the British supply the money, the instructors, the "know how" and we supply the air. The Canadian government will exercise its constitutional right to share in the control of these schools—and in taking the laws—and there is no doubt that many a spirited young Canadian will volunteer for training. But the main aim is made to order for Canadian participation. It will not call for or permit mass enlistment. Only the few who passionately desire to go can go. Yet the business men will be the next war.—Montreal Star.

Greenpeace: "Any horse-drawn machine."

Young Bride: "No, thank you. We have a car."

Motion picture machines have been installed in 17,000 schools in Germany.

### Cross Stitch These in Wool or Silk

Household Arts by Alice Brooks

Lively Motifs Easy to Do in 4 to 6 Inch Crosses

### PATTERN 6195

"The bigger the better" for this cross-stitch—it's a lot to the inch. You can imagine how quickly this gets done, particularly since you use a heavy wool or silk. You can make a lovely pillow with matching scarf for living-room or library. The speed of the work will fascinate you. Pattern 6195 contains a transfer pattern of 12 motifs ranging from 3 1/2 inches to 12 1/2 inches color and black and white. To obtain this pattern send 20 cents in coin (stamps cannot be accepted) to Household Arts Department, Winslow Newspaper Union, 175 McDermott Ave. E., Winnipeg.

There is no Alice Brooks pattern book published.

## World's Wheat Production For This Year Estimated As Largest On Record

### Longevity Of Birds

Cockatoos In London Zoo Reported To Be 124 Years Old

A 124-year-old sulphur-crested cockatoo, just received at the London Zoo, probably holds the world's record for longevity in a bird. It is carrying its years with both dignity and enjoyment.

The cockatoo presented by Mr. C. R. Urwin was received by the donor from a female relative in 1909, who had kept it for 20 years. She received it from her grandmother, who had possessed it ever since she was 22 until her death at the age of 87, and she in turn had received the bird from her mother, who had kept it over 20 years.

The whole subject of avian longevity has been studied by Major Stanley Flower over a period of many years.

Records of every zoo and nearly every private aviary have been explored in order to obtain well-authenticated figures.

One meets with some very surprising figures. The raven, for example, shares with the common crow and certain animals quite a fabulous reputation for enjoying an overripe old age, but the oldest raven whose age is definitely known died in the Zoological Park at Washington when nearly 25 years of age and showed every signs of senility.

This is far surpassed by a carrion crow which graced a chicken at Biele on the Loire for nearly a century. Parrots as a class are probably outlived by the birds of prey, thus supporting the theory that vegetarians tend to live longer than flesh-eaters.

Many Griffin vultures have been recorded to have reached the half-century mark. One kept at Vienna in 1706 died in 1824.

Cage birds, so often subject for sentimental consideration, are often long-lived. Major Flower's list gives greenfinches 19 years old, several sparrows of over 20 years, and a red-crowned cardinal of 30.

The oldest bird in the house can easily be considered on a different footing, strictly because they are so close to the human family. The oldest eagle replaced the identification easily after a lapse of time is a matter of doubt.

Inquiries, however, show that 15 years is a good average age for a eagle, though a cock bird owned by Sir Gordon Nisbet lived for 25 years, slaying turtles to the last. The large flightless birds—ostriches, cassowaries, penguins, etc., live to 40 years of age. Two emus kept in captivity have been still breeding when over 40.

The oldest penguin in this country is "Am," a female king penguin, who has graced the Edinburgh Zoo for nearly 30 years. She is 26 years old, and in 1937 successfully raised a chick—London Observer.

### Durum Wheat Crop

Similar In Quality To That Of Last Year

The 1938 wheat Canada amber durum wheat crop is similar in character to last year's crop, states the third annual report on quality of durum wheat which was released by the Canadian board of grain commission.

Chief degrading factors of both years were improperly ripened, cracked and broken kernels and black point infection.

The current crop is estimated at 22,000,000 bushels compared with about 20,000,000 for the previous year.

### Fall Grazing

The general practice among farmers of pasturing hay windows in autumn is to use the second growth for livestock without giving any consideration whatever to the effect of grazing may have on the crop of hay produced the following year. The facts show, according to experiments, that different crops are spread differently to fall grazing. Yields of two tons per acre have been recorded on grasses, like timothy and brome, under favorable conditions. Autumn grazing, if properly done, benefits rather than harms grasses, and all do best if they go into winter with three or four inches of growth.

Sometimes fun is what a guy who is going to have a headache needs musing things he's having.

The brain muscles of a bird are about 100 times more powerful, relatively, than those in a man.

The United States agriculture department estimated that world wheat production for 1937-38 would be 4,385,000,000 bushels, largest on record.

This is an increase of about 20,000,000 bushels over the department's estimate made a month ago and about 22,000,000 bushels greater than the 1937-38 harvest.

The department said total world supplies were approximately 4,800,000,000 bushels, or about 600,000,000 greater than a year ago.

Consumption of grain during the present marketing season may approximate 3,800,000,000 bushels, which would leave a surplus of about 1,100,000,000 bushels in July, 1938. Highest surplus on record was 1,815,000,000 bushels in 1933. The department said total United States supplies now were "about 1 1/2 times the world supply. It is said if domestic consumption approximated the 700,000,000 bushels used last season and exports totaled 100,000,000 bushels, the American surplus next July would be close to 300,000,000 bushels, compared with a surplus of 375,000,000 bushels in 1933.

### Remaking A Name

Great Polish Actress Did Not Object To Changing Hers

When Mrs. Helena Modjeska first arrived in America, she did not have the name she is now famous by. She was not the beautiful one which people soon learned to love, but was "Mina" Modjeska, a name which never remained her professional one in the theatre of her native Poland and in Europe, where she attained success as a dramatic actress and home before she dreamed of appearing a new tragedienne.

It was Mrs. McCullough, the noted American tragedienne, with whom she first acted in San Francisco, who decided upon her new name. While confronted with "Modjeska," he said to her: "Who on earth could read that, madame? I fear you will be compelled to change your name."

She suggested "Modjeska," which McCullough smilingly said would read the public of "Modjeska." "The 'g' was then alternated to 'j'." "Now," the tragedienne said, "it is easy to read, and it is beautiful to the ear."

And thus the name "Modjeska" was made, and lived to twinkle over half the world.

### Not Considered A Menace

Two Investigators Decide B.C. Has No Japanese Problem

"Japanes in British Columbia no longer can be considered a menace or a serious problem, two investigators declare in 'The Japanese Canadians,' an exhaustive study of Japanese in Canada just published by the University of Toronto press.

The investigators reach the conclusion that the 150 Japanese in Canada come to arrive annually as they do under the present agreement with Japan, they will not constitute a menace to the growth of the Japanese in British Columbia, especially as compared with the probable growth of all other groups in the province.

The writers are Charles H. Young, who has studied various foreign populations in western Canada, and Dr. Helen R. Y. Held, a prominent social worker. Prof. W. A. Carothers, former chairman of the economic council of British Columbia, wrote a supplementary section on "Oriental Standards of Living."

### According To Custom

Cows Have Always Been Milked On Right Side

Should a cow be milked on the right side or on the left?

The question has arisen because on a recording medal in the possession of L. R. Rose, Churchville, Mich., Kingston, Ontario, a cow is shown being milked on the left side. "A cow is always milked on her right side," an official of the National Farmers' Union said.

If you change to the other side, very likely the cow will kick the bucket over."

D. Davies of Hobbs and Davies, farmers, Kilmacott, Glas, agreed that, like the N.F.U., could only agree right-hand milking to "custom."

The oldest Canadian locomotive in the world is the property of Nova Scotia. It was built in England in 1838.

Along the equator day and night are of equal length all through the year; on March 21 and Sept. 22 they are equal all over the world.



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BRIEFLY TOLD

Ernst Freud, son of Dr. Sigmund Freud, father of psycho-analysis, has applied for naturalization in England.

A 10-hour party was given at the entrance to Agincourt by a veteran British Columbia politician at a new world record for egg-laying hens.

A Yugoslav army colonel, lieutenant and sergeant found to death on petrol as heavy as snows swept mountain regions.

Argentina has now 20,875,000 acres of wheat for the current crop, an increase of \$25,000,000 over advance estimates, the International Institute of Agriculture reports.

Thirteen nations, including Britain, France, Germany and the United States, are entered in the sixteenth international auto show to be held in Paris.

The Blood Transfusion Service of the British Red Cross Society is planning to store human blood in thousands of milk bottles for use in event of war.

The newspaper Paris, M.M. said Premier Leduc's government must have decided to revive the practice of shipping French convicts to the dreaded Guiana Islands.

Nearly 20,000 in the province of Quebec will receive a monthly allowance of \$40 to \$60 starting December 15. Hon. William Trench, provincial minister of labor, announced.

The death was announced in Vienna of General Arthur von Schenckhausen, father of Kurt von Schenckhausen, first chancellor of independent Austria, who still is held in custody by German police.

## Ships With Old Names

British Battleships That Have Had A Long History.

In the naming of new battleships there has been a reversion to former practice, earlier post-war ships of this class having been named either after members of the royal family or after distinguished admirals. Lion, Téméraire, and also Implacable are famous names of ships of the line in the old sailing navy, and their revival should be popular.

Fifteen ships have been called the Lion since the early sixteenth century, and the last, which was the battle-cruiser flagship throughout the war of 1914-18, was disposed of in accordance with the terms of the Naval Treaty of 1922, as were the Téméraire, a battleship which had also served in the Grand Fleet throughout the war. It is just a century ago that the towing of the Trafalgar Téméraire to be broken up inspired Turner's famous picture.

Two ships have been called Implacable, the first, fought on the French side at Trafalgar, was the Duguay-Trouin and was captured later, being still in existence as a "ghost" training ship at Portsmouth—London Times.

After 14 years of electricity, Collingwood, England, with a population of 5,600, has gone back to gas lighting, with no new street lights.

Thousands of gold sovereigns were carried by air freight recently from Croydon, England, to Amsterdam, Holland.

Weight of an inch of rain on acre of ground is 220,225 pounds.

There are 2,500 species of fish in the waters of North America.

## Study World Problems

Canadian Institute of International Affairs Issues Report

There never was a time "when an understanding of international affairs was more urgently needed than it is today," E. Z. Tarr of Winnipeg, president of the Canadian Institute of International Affairs, declared in a preface to the report of the Institute's work in 1937-38.

The Canadian Institute, non-partisan national organization with branches in 16 of the principal Canadian cities. Its object is to encourage study of international affairs in Canada.

Membership increased from 885 to 1,001 during the year. Branches held 221 private and confidential meetings as well as 57 meetings of small study groups. Mr. Tarr said the Institute continued to follow "what will probably always be its primary purpose, that is, the enlightenment of its own members in the field of international relations, particularly as they relate to Canada."

The report referred to publication during the year of four books dealing with Canadian problems. Four books will be published within the next six months.

Primary function of the Institute, the report stressed, is to help individual members clarify their views on international questions. Emphasis is laid on activities of branches, including confidential general meetings where there is ample opportunity for discussion. Other principal activities include conferences—regional, national, intra-communal and international.

The Institute's activities are financed out of membership fees, special subscriptions and grants from Massey Foundation and the Rockefeller Foundation.

## Explicit Directions

Salvage Company's Known Exactly Where To Look For Neckties

The Boston Globe says a lady who read in her paper that Simon Lake was planning to make an attempt to salvage the Lusitania's cargo lost no time in communicating with the inventor, telling him that she lost a \$10,000 necktie on the Lusitania which she would so much like to have. Mr. Lake bring back to her, she gave Lake full directions for locating it. He had only to look under the pillow in her bed in stateroom 357, deck B.

## FOR FASHION-ALERT MATHS

By Anne Adams

And Young Writer Found Editor Did Not Make Mistake

The managing editor of Messrs. Chapman and Hall, publishers, sat at his desk and pondered, says Vanessa Coryell, in Christian Science Monitor. He pursed his lips and looked doubtful. The young man sitting across from him was speaking very earnestly.

"But," interrupted the managing editor, "that isn't the way those things are done. Mr. Seymour is a great artist. It is his name and his pictures which sell." He smiled lightly, earnestly at the young man. "You are just a beginning writer. You should be more than content to be allowed to write these marginal sketches for such a great artist as Mr. Seymour. He may be the making of you."

"Or I of his," the young man said under his breath. Out loud he said, "Give me a try, Mr. Seymour. I have some excellent ideas."

"Very well," the managing editor said impulsively. "Go ahead."

A few days later he looked upon the fruits of the young man's efforts: the first proofs of "Pickwick Papers" by Charles Dickens.

From Dickens To Autos

Do people realize how many men are engaged in Canada and the United States in the manufacturing of automobiles as compared to those engaged at the turn of the century in building buggies? The proportion runs well over 100 to one, say about 4,000,000 to 40,000, and this is only 28 years.

Playing Safe

In Vienna, says Neal O'Brien in the New York Post, the story now being whispered is of a local merchant who was asked how his business was going. "Things aren't very good," he reported, "and now, of course, they're excellent. But things were better when they were just very good."

The average lifetime of an automobile is seven and one-half years.

Blushing Men, versatility and youthfulness are only three of the title features of Anne Adams' new pattern 4931 really outstanding! It is a study of making in the construction for this becoming frock is wonderfully easy to put on and to wear.

Whether in a novelty snail or printed silk, it is a dress to don right now and wear on every occasion all Fall. Just look at the choice of dainty necklines—some with a diamanté collar. And you can have three different types of comfortable sleeves. Comfort rises supreme, too, in the soft folds and the inverted pleat of the skirt, while the shoulders "fit" to a nicety with those flattering little

Pattern 4931 is available in women's sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 takes 4 1/2 yards 39-inch fabric.

Send twenty cents (20c) in coins (no cash) to Anne Adams, 175 Madison Ave., New York 17, N.Y. Write plainly Miss Anne Adams and give your name and send order to the Anne Adams Dressing Co., 175 Madison Ave., N.Y.

## NEW CZECH GOVERNMENT HEADS

The new Czechoslovakian government heads are here pictured. Left to right—Jozef Tis, premier of the newly-formed Slovak government; Premier General Jan Syrový, and Foreign Minister Frantisek Cvikovsky.



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## Was Given A Chance

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## The Human Eye

Science Discovers That They Are Powerful Electric Batteries

Human eyes are powerful electric batteries. This discovery, showing that each eyeball is an independent battery, was announced to the National Academy of Sciences by Dr. Walter R. Miles, Yale university physicist.

Each eye produces a current averaging 1,000,000 volt, an electrical energy equal to that of the heart beats which make the recordings of electrocardiogram. Numerous eyes, Dr. Miles found, average 1,400,000 volt, one gave 1,600,000 volt.

The Yale experiments show the electric potential of an eye varies with at least some disease, both eye troubles and general. But Dr. Miles said it was not yet possible to say whether the electric variations would be useful for eye troubles.

The fact that eyes produce electricity has been known to science since ancient times, when it was said that the eye was a source of electric power, the source of this electric power, its variations and especially its high power is human beings, are now, says Dr. Miles, that the eye can be used to see. What makes the current, Dr. Miles said, was not known.

Return Trip From London To Glasgow

When King George VI. uses the Royal Train in Great Britain, he pays certain fees, states W. L. Clark, in Windsor Star. For instance, if he makes a trip to Glasgow, he pays a first-class fare for everyone in the royal entourage. The fare is 10 shillings, expense each return. He also pays 13 shillings, fourpence extra per mile.

This would make the cost for the King alone on a return trip from London to Glasgow figure out at \$1,500.

It has just been demonstrated that a stretched rubber band snaps at a speed of only 204 miles an hour, thereby proving conclusively that that British rubber driver went to heat the band.

"Wier? I want some money."

Tight-acted Hubby: "Say, what do you do with that last dollar I gave you?"

Wife: "I spent 37 cents in 1936, 40 cents in 1937 and 28 cents this year."

DUTCH HUMOR

Had Unusual Talents

Inventor Of Cotton Ginn Made Vain When He Was 72

Years before he had invented the successful cotton gin, which brought him fame and on night, says William H. Whitney, as a mere lad, he displayed unusual mechanical talents in the machine tools of Washington, Mass.

The townspeople looked upon him as a prodigy, and well they might, for at the youthful age of 13 he made a perfect violin, which gave him a sense of confidence in pursuing his future invention.

He was a serious youth, but not without the joy of creativeness in his heart. Business executives of Germany are having difficulty in finding young people with sufficient knowledge to fill good positions.

Editorial Note: Readers desiring to complete set of Dr. J. W. McCullough's book at once may secure same by writing The Health League of Canada, 100 Bond St., Toronto, Ont.

The trouble is that teaching people to read and write doesn't teach them to think.

The apple tree develops and grows more rapidly than any other fruit tree.

## Forest Conservation

Timber Wealth Of Canada Has Been Handled Wastefully

Canada's timber wealth has been handled so wastefully that the people are running out within sight of the end," Dr. J. R. Dymond, director of the Royal Ontario Museum of Zoology, Toronto, said in an address at the annual meeting of the Association of Author Societies in New York.

"As active competitors in the lumber markets of the world," Dr. Dymond said, "some prophesy that, at the present rate of consumption and destruction, Douglas fir will be out of the picture in 15 years and white pine in 40."

"Recently the statement was made that many pulp and paper men today admit that, 10 years hence, they definitely will be worried about their sources of wood supply."

Dr. Dymond, speaking on Canadian conservation problems, said one of the biggest problems at present is to bring about adoption of a forest policy that will ensure adequate timber and other products on a sustained yield basis. At the same time, this policy must take care of the other functions of a forest, providing a home for wild life, regulating stream flow and supplying a place for recreation.

See Mystry

Court Of Inquiry Reaches Conclusions Regarding Fate Of Vessel

A government court of inquiry probing one of the deepest mysteries of the sea has decided the British freighter Anglo Atlantic, missing seven months, probably broke in half "from deck to keel" after her scheduled deck buckled.

The 5,646-ton vessel, carrying a crew of 29, disappeared last March in mid-Atlantic while on a voyage from England to Vancouver. She was last seen on March 14, the Ancon, March 14. No trace of her has been found.

The court of inquiry pointed out that about half the cargo, 10,000 tons of oil, was lost. The oil was in 100,000-gallon drums. It decided that it was unlikely an explosion or collision on the high seas caused the tragedy.

Gasoline Stove

A New Oil-Burner Gasoline Stove Now On The Market

There's always been a demand for a new-burner gasoline stove with the advantages of the larger outfit. Now there's one of the market—manufactured in Canada—that's been tested and found to consist before being offered here.

Fares On Royal Train

Return Trip From London To Glasgow

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SHE COULD NEVER  
WALK NOR SLEEP

Arms and Feet Swollen With Rheumatism

This woman suffered for many years. Pain nipped her strength until she was unable to get up. Her remedies were tried, but nothing broke the grip of her crippling rheumatism. At last her husband persuaded her to try Kruschen Salt.

"My arms and feet were swollen with rheumatism. I could not walk nor get regular sleep. I was so fatigued that I could not do my regular work. After I lost my good nature entirely. Then my husband persuaded me to try Kruschen Salt. After two weeks I was able to get up. I perspired, and in six weeks I was doing housework. I was able to go for a walk. Now I am free from pain and I feel great."—(Mrs.) F.W.

Rheumatism is commonly caused by deposits of uric acid crystals, which lodge in the muscles and joints. Kruschen helps to break up these deposits of uric crystals and to convert them into a harmless substance which is removed through the natural channel—the kidneys.

Health LEAGUE OF CANADA presents TOPICS OF VITAL INTEREST

by DR. J. W. McCULLOUGH

THE COMMON COLD

If the sum total of suffering inconvenience and discomfort that can be obtained from common colds be obtained, it is obtained from the common cold. From the trivial into the rank of the most serious of ailments. The time for colds though they may occur at any time of the year. Many of us have from one to three colds a year. One attack produces little immunity. It is a common cold, but it is the mucous (lining) membranes of the nose, throat and lungs extending into the windpipe and larger bronchi.

The sinuses, that is the hollow spaces above the nose, are frequently involved. The infection may be confined to the nose, when it is called rhinitis; it may affect the throat as the condition is a pharyngitis; the larynx as a laryngitis and the bronchi as a bronchitis.

The popular idea that a cold is due to a draft is scarcely correct. Exposure to draft, sudden changes of temperature and chilling of the body by redeveloping causes of colds, but no cold can originate without the agency of a virus, bacteria or bug which is the essential cause.

The common cold is due to a virus, that is a germ so small that it cannot be seen under the microscope. Many different viruses seem to be associated with colds. Some of these are common to all mammals and some are specific to man. Viruses and germs. Common colds may not be a single disease but rather a group of infections which may vary in their intensity and duration.

Colds are caught from other persons having colds just as diphtheria is caught from other persons. Patients. Arctic explorers, exposed to all the conditions of a winter, do not produce colds, do not suffer from the "winter cold," but rather from the "winter disease" and become infected by the virus of the disease.

The two really important matters about colds are, first their prevention and second, their cure. Prevention may be summed up in the avoidance of these having an infection, especially in street cars, offices and other poorly ventilated places. Colds, like the other diseases conveyed in the secretions from nose and mouth are often transferred by direct and indirect contact through kissing, the drinking cup, the roller towel, pipes, pencils, fingers, food and other objects contaminated with the fresh secretions which carry the disease. Vitiated air, drafts, dust, sudden changes of temperature, exposure to cold and wind, overexposure to heat and moisture.

Proper food all have some effect in causing colds. It must be admitted that the colder the food the more vigorous will contract colds if they have the infection, while the warmer are an assurance that they appear to be immune to the disease.

Persons with colds should at once go to bed and stay there as long as there is any rise in temperature. Medical care has been left to the doctor. Some persons put in bed to bed a hot drink and a drink of whiskey. Others use vaccines.

There is one vaccine that has been prepared by Rosemont, which taken in small doses at intervals of one week, is said to prevent the onset of a cold, and taken daily in the case of a cold seems to break up the cold.

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